

Select Michigan Fresh Asparagus



All Green, All Edible, All Michigan

Michigan Asparagus Industry

Michigan ranks 3rd in the nation in asparagus production. Each year nearly 25 million pounds of asparagus is harvested in Michigan by approximately 350 family farms. The Michigan asparagus industry returns over \$25 million annually to our state's local economy. Only Michigan asparagus is snapped above ground unlike most, which is cut below the ground, so it is all green, all edible, all the time.

Michigan Asparagus Facts

Once established, an asparagus field will produce tender, great tasting spears each spring for 15 to 20 years. Each asparagus field will be harvested 20 to 30 times during the months of May and June. Under ideal conditions, an asparagus spear can grow 10" in a 24-hour period.

Michigan Asparagus Is Healthy For You

Asparagus is one of the most nutritionally well-balanced vegetables in existence. It contains no fat or cholesterol. It is low in calories and sodium, and a good source of fiber, vitamins and nutrients.

Asparagus is the leading supplier among vegetables of Folic acid, important to all woman of childbearing age. Asparagus is an excellent source of Glutathione, one of the most potent anticarcinogens and antioxidants found within the body.

ENTER TO WIN!

A Fabulous Weekend in Oceana County
Win a chance for your family to be
Guest of Honor at the National Asparagus Festival
Courtesy of the Michigan Asparagus Committee
Check W-Lite Website for details